White. 1646.

A new

ALMANACK

AND

Prognostication,

for the yeare of our Lord God, 1646.

Being the second after the Bissextile or Leape Yeare.

Calculated for the Meridian of the most Honourable City of London, and will serve generally for the *Monarchy* of Great *BRITAINE*

By JOHN WHITE welwiller to the *Mathematicks*.

LONDON

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The common Notes and moveable Feasts

For this yeare 1646		For the next. 1647
13	The Golden Number	14
3	The Cicle of the Sun	4
23	The Epact	4
D	The Dominicall letter	C
Febru. 8	Shrove Sunday	Febru. 28
March 29	Easter day	April 18
May 3	Rogation Sunday	May 23
May 7	Ascention Day	May 27
May 17	Whitsunday	June 6
Nov. 29	Advent Sunday	Nov. 28

Phyſicall Elections.

Take { Vomits, Cliſters, Gargariſmes, Preparatives, Stop Rheumes and Fluxes, Purge by neeſling } when { The Moon or Signe } in { ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ }

Fit times for blood-letting.

The Sanguine from the new moon to the firſt quarter.
The Cholericke, from the firſt quarter to the full.
The flegmaticke, from the full to the laſt quarter.
The Melancholy, from the laſt quarter to the change.

Dangerous times for blood-letting.

In the heate of ſummer, or cold of winter, or when the moon is in the ſigne which governeth that part of the body you would let blood; Alſo within two dayes of the change, or full of the moone.

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The beginning & ending of the Termes with their

Returnes and Essoyne dayes, dayes of exception, Returna brevium, and dayes of appearance, for this yeere, 1646.

Returne Dayes, or Dayes of Essoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearance.
Hilary Terme begins January 23. and endeth the 12. of February, and hath foure returnes.			
Octab. Hil.	Jan. 20	Janu. 21	Janu 22	Janu 23
Quind. Hil	Jan. 27	Janu. 28	Janu. 29	Janu. 30
Craft. Puri.	Febr. 3	Febr. 4	Febr. 5	Febr. 6
Octab. Puri	Feb. 9	Febr. 10	Febr. 11	Febr. 12
Easter Terme beginneth the 15 of April, and endeth the 11 of May and hath five returnes.			
Quind Pas.	April 13	April 13	April 14	April 15
Tres Pasc.	April 20	April 20	April 21	April 22
Men. Pasc.	April 27	April 27	April 28	April 29
Quinq; Pa.	May 4	May 4	May 5	May 6
Cras. Asce.	May 8	May 9	May 11	May 11
Trinity Terme beginneth the 29 of May and endeth the 17 of June, and hath 4 returns.			
Craft. Tri.	May 26	May 27	May 28	May 29
Octab. Tri	June 1	June 2	June 3	June 4
Quind. Tri.	June 8	June 9	June 10	June 11
Tres Trin.	June 15	June 15	June 16	June 17
Michaelmas Term beginneth the 23 of October, and endeth the 28 of November and hath 6 returnes.			
Tres Mich.	Octo 20	Octo. 21	Octo. 22	Oct. 23
Mens. Mich	Octo. 27	Octo. 28	Octo. 29	Oct. 30
Craft. Ani.	Nove. 3	Nov 4	Nove. 5	Nove. 6
Craft. Mar.	Nov. 12	Nov. 13	Nov. 14	Nov. 14
Octab. Mar.	Nov. 18	Nov. 19	Nov. 20	Nove. 21
Quind. Mar	Nov. 25	Nov. 26	Nov. 27	Nove. 28

The Anatomie of mans body as the parts thereof are governed by the twelve Celestiall Signes of the Zodiack.

Aries, Head and face.

Taurus, Neck and throat.

Cancer, Brest and stomach

Virgo, Bowels and belly

Scorpio, Secret members

Capricorn, Knees.

Gemini, Armes and hands

Leo, Heart and back

Libra, Reynes and loynes

Sagittarius, Thighes

Aquarius, Legges

Pisces, the Feet.

Of the Tide Table, or high water at London Bridge.

IN the two last columnes of the Almanack toward the right hand is set downe the time of high water at Lõdõ bridge; As for example, upon Sunday the 11. of Jã. It is high water at London, Whitby, Harle-poole, & Penmark at Seven of the clock and 0. min. in the morning. And note that every 12 houres the Tide alters a little more then a quarter of an houre. As now it is high water at 7 in the morning, then it will be high water againe a little above a quarter of an houre past 7 at night: So it flowes aboue 4 hours and ebbs 8.

Note that 15 minutes make a quarter, 30 halfe an hour, 45 three quarters, and 60. an houre.

Note also that when the Moone commeth to the North-east or to the South-west, it maketh a full Sea in all those aforesaid places.

January hath xxxj dayes.

Warme meates and cloathes this month are good,
Take heed of Bathes and letting blood.

1 Day Sun riseth at 8 and 1 min. sets at 3 and 59 min
15 Day sun riseth at 7 and 43 min. sets at 4 and 17 min.

1	a	New years day	Secrets and		10	12
2	b		Bladder	● New moone	11	0
3	c		Thighes and	the 6 day, 3	11	48
4	D		Hanches	quarters past	12	36
5	e		Knees	11 at night.	1	24
6	f	Twelfe Day	Knees		2	12
7	g		Knees		3	48
8	a		Leggs	☽	4	36
9	b	Sol in Aquar	Legges	First quarter	5	24
10	c		Feete	the 14 day at	6	12
11	D		Feete	2 afternoone.	7	0
12	e		Head and		7	48
13	f		Face		8	36
14	g		Neck and		9	24
15	a		Throate	Moone eclipsed.	10	12
16	b		Armes and		11	0
17	c		Hands	● Full moone	11	48
18	D		Breast	eclipsed the 21	12	36
19	e		and	day at 6 in ye	1	24
20	f		stomack	morning,	2	12
21	g		Heart and		3	0
22	a		back		3	48
23	b	Terme begins	Belly and	☾	4	36
24	c		Bowels	Last quarter	5	24
25	D	Septuagesi.	Loynes	the 28 day, a	6	12
26	e		and	quarter past 3	7	0
27	f		Reines	afternoone,	7	48
28	g	Fast	Secrets and		8	36
29	a		bladder		9	24
30	b		Thighes		10	12
31	c		thighes		11	0

Milk, Herbs, and fenniſh Fowle deny,
Purge not, nor uſe Phleborotmie.

1 day ſun riſeth at 7 and 13 min, ſets at 4 and 47 min.
15 day ſun riſeth at 6 and 46 min. ſets at 5 and 14 min.

Month days	week days	Feſtival dayes and Term dayes.	The Moones place in the Zodiack	The new, full and quarters of the Moon	High water at London Bridge.
1	D	Sexageſima	hanches		11 48
2	e	Purif. Mary	Knees		12 36
3	f		Knees	●	1 24
4	g		Legges	New moon	2 12
5	a		Legges	the 5 day a	3 0
6	b		Feet	quarter paſt 5	3 48
7	c		Feet	in the evening	4 36
8	D	Sol in piſces.	Head and		5 24
9	e		face		6 12
10	f		Neck		7 0
11	g		and	☽ First quarter	7 48
12	a	Term ends	throat	the 12 day,	8 36
13	b		Arms and	halfe an hour	9 24
14	c	Valentine	hands	paſt 10 atnight	10 12
15	D	Quadrageſi.	Breſt		11 0
16	e		and		11 48
17	f		ſtomach		12 36
18	g		Heart and	○ Full moon	1 24
19	a		back	the 19 day	2 12
20	b		Bowells	halfe an hour	3 0
21	c		and	paſt 5 atnight	3 48
22	D		Belly		4 36
23	e		loynes and		5 24
24	f	S Matthias	reines		6 12
25	g	Faſt	Secrets	☾ Laſt quarter	7 0
26	a		and	the 27 day at	7 48
27	b		bladder	10 before noon	8 36
28	c		Thighes		9 24
			Thighes		

March hath xxxj. dayes.

Groſſe meats doe hurt, uſe Food that's fine;
Let blood and take ſome Medicine.

1 Day Sun riſeth at 6 and 18 min. ſets at 5 & 42 min.
15 Day, Sun riſeth at 5 and 50 min. ſets at 6 and 10 m.

1	D		Knees		10	12
2	e		Knees		11	0
3	f		Legges	●	11	48
4	g		Legges	New moon	12	36
5	a		Legges	the 7 day, a	1	24
6	b		Fete	quarter paſt 7	2	12
7	c		Feet	mozning.	3	0
8	D		Head and		3	48
9	e		face		4	36
10	f	Sol in Aries	Neck and	☽	5	24
11	g		throate	First quarter	6	12
12	a		Arms and	the 14 day	7	0
13	b		hands	halfe an hour	7	48
14	c		Breaſt and	paſt 5 mozning	8	36
15	D		ſtomach		9	24
16	e		Heart and		10	12
17	f		back		11	0
18	g		Bowels	●	11	48
19	a		and	Full moon	12	36
20	b		belly	the 21 day	1	24
21	c		Loynes	halfe an hour	2	12
22	D		and	paſt 6 mozning	3	0
23	e		reines		3	48
24	f		Secrets and	☾	4	36
25	g	Annũ M. Fal	bladder	Laſt quarter	5	24
26	a		Thighes and	the 29 day at	6	12
27	b	Intr Reg Car	hanches	6 mozning.	7	0
28	c		Knees		7	48
29	D	Eaſter day	Knees		8	36
30	e		Legges		9	24
31	f				10	12

The Bloud being hot, coole Herbs now use,
And *March* his precepts not refuse.

1 day, Sun riseth at 5 and 16 min. sets at 6 and 44 min.
15 day, Sun riseth at 4 and 51 min. sets at 7 and 9. min.

1	g		Legges		11	0
2	a		Feet		1	48
3	b		Feet		12	36
4	c		Head and	New moon	1	24
5	D	Low sunday	face	the 5 day near	2	12
6	e		Neck and	7 in the even=		48
7	f		throate	ing.	3	36
8	g		Arms and		4	24
9	a	Sol in Taurus	hands	First quarter	5	12
10	b		Breast and	the 12 day, near	6	0
11	c		stomack	12 at noon.	7	48
12	D		Heart		8	36
13	e		and		9	24
14	f		back		10	12
15	g	Terme begins	Bowells and	Full moon	11	0
16	a		belly	the 19 day a	11	48
17	b		Loynes	quarter past 8	12	36
18	c		and	in the evening	1	24
19	D		reines		2	12
20	e		Secrets		3	0
21	f		bladder		3	48
22	g		Thighes	Last quarter	4	36
23	a		and	the 27 day,	5	24
24	b		hanches	halfe an hour	7	12
25	c	Mark Evan.	knees	past 11 at night	7	0
26	D		knees		8	48
27	e		Legges		9	36
28	f		Legges		10	24
29	g		Feet		11	12
30	a		Feet			0

May hath xxxj dayes.

Put Sage in drinke, drinke Wormwood-wine,
Vse Phyſicks helpe, walke mornings fine.

1 Day Sun riſeth at 4 and 23 min. ſets at 7 & 37 min.
15 Day Sun riſeth at 4 and 4 min. ſets at 7 and 56 min.

1	b	Phil. & Jacob	Feete			1	48
2	c		Head and			12	36
3	D	Rogation ſun	face			1	24
4	e		Neck and	☾		2	12
5	f		throate	New Moone		3	0
6	g		Armes and	the 5 day at 4		3	48
7	a	Aſcenſion day	hands	morning.		4	36
8	b		Breaſt and			5	24
9	c		ſtomack			6	12
10	D	Sol in Gem	Heart and	☽		7	0
11	e	Terme ends	back	First quarter		7	48
12	f		belly and	the 11 day, a		8	36
13	g		Bowels	quarter paſt 7		9	24
14	a		Loynes	at evening.		10	12
15	b		and			11	0
16	c		reines			11	48
17	D	Whitſun-day	Secrets	○		12	36
18	e		and	Full moon		1	24
19	f		bladder	the 19 day,		2	12
20	g		Thighs and	halfe an hour		3	0
21	a		hanches	paſt 10. morn=		3	48
22	b		Knees	ing.		4	36
23	c		Knees			5	24
24	D	Trinity-ſun.	Leggs			6	12
25	e		Leggs	☾		7	0
26	f		Feete	Laſt quarter		7	48
27	g	Faſt.	Feete	the 27 day,		8	36
28	a		Head and	halfe an hour		9	24
29	b	Terme begins	face	paſt 2 after=		10	12
30	c		Neck	noone.		11	0
31	D					11	48

June hath xxx dayes.

Let phyſicke goe, coole Herbs now take,
Sweet Drinks and Venus now forſake.

1 Day Sun riſeth at 3 and 50 min. ſets at 8 and 10 min.
15 Day Sun riſeth at 3 and 47 min. ſets at 8 and 13 min.

1	e		throate		12	36
2	f		Armes and		1	24
3	g		hands		2	12
4	a		Breaſt and	New moone	3	48
5	b		ſtomack	the 3 day, a	4	36
6	c		Heart and	quarter paſt	5	24
7	D		back	11 before noon	6	12
8	e		Bowels		7	0
9	f		and		7	48
10	g		belly		8	36
11	a	Solis Cancer	Loynes and	☽	9	24
12	b		reines	First quarter	10	12
13	c		Secrets	the 10 day, 3	11	0
14	D		and	quarters paſt	11	48
15	e		bladder	3 morning.	12	36
16	f		Thighes and		1	24
17	g	Terme ends	hanches		2	12
18	a		Knees	●	3	☉
19	b		Knees	Full moon	3	48
20	c		Knees	the 18 day, 3	4	36
21	D		Leggs	quarters paſt	5	24
22	e		Leggs	1 in morning.	6	12
23	f		Feet		7	0
24	g	S. John Faſt	Feet	☾	7	48
25	a		Head and	Laſt quarter	8	6
26	b		face	the 26 day 3	9	24
27	c		Neck and	quarters paſt	10	12
28	D		throate	1 in morning.	11	0
29	e	S. Peter Ap.	Armes and		11	48
30	f		hands		12	36

July hath xxxj dayes.

Vſe Sallets freſh to coole the heate,
And bathe in Springs to cleanſe the ſweat.

1 day, Sun riſeth at 3 and 56 min. ſets at 8 and 4 min.
15 day Sun riſeth at 4 and 12 min. ſets at 7 and 48 min.

1	g		Breaſt and ſtomack		1	24
2	a				2	12
3	b			●	3	48
4	c		Heart and	New moon	4	36
5	D		backe	2 day, halfe an	5	24
6	e		Bowells and	paſt 6 after=	6	12
7	f		belly	noone.	7	0
8	g		Loynes		7	48
9	a		and		8	36
10	b		reines	☽	9	24
11	c		Secrets	First quarter	10	12
12	D	Sol in Leo	and	the 9 day a	11	0
13	e		bladder	quarter paſt 2	11	48
14	f		Thighes	afternoone.	12	36
15	g		and		1	24
16	a		haunches		2	12
17	b		Knees	○	3	0
18	c		Knees	Full moone	3	48
19	D	Dog day begin	Legges	17 day, a quar=	4	36
20	e		Legges	ter paſt 5 after=	5	24
21	f		Feet	noon.	6	12
22	g		Feet		7	0
23	a		Head and		7	48
24	b		face	☾	8	36
25	c	S. James ap.	Neck and	Laſt quarter	9	24
26	D		throate	the 25 day. 3	10	12
27	e		Arms and	quarters paſt	11	0
28	f		hands	10 before noon	11	48
29	g	Faſt.	Breaſt and		12	36
30	a		ſtomack		1	24
31	b		Heart		2	12

Auguſt hath xxxj. dayes.

Fly Phyſick, and Phlebotomie,
Eſchew cold baths and venerie.

Firſt day, Sun riſeth at 4 and 43 min. ſets at 7 & 22 mi.
15 day Sunriſeth at 5 and 4 min. ſets at 6 and 56 min

1	e		back		3	0
2	D		Belly	●	3	48
3	e		and	New moone	4	36
4	f		bowells	the 1 day 3	5	24
5	g		Loynes and	quarters paſt	6	12
6	a		reines	1, at morning.	7	0
7	b		Secrets and		7	48
8	c		bladder	☽	8	36
9	D		Thighes	First quarter	9	24
10	e		and	the 8 day, near	10	12
11	f		hanches	4 at morning.	11	0
12	g		Knees		11	48
13	a	Solin Virgo	Knees	○	12	36
14	b		Legges	Full moon	1	24
15	c		Legges	the 16 day a	2	12
16	D		Legges	quarter paſt 8	3	0
17	e		Feet	at morning.	3	48
18	f		Feet		4	36
19	g		Head and	☾	5	24
20	a		face	Laſt quarter	6	12
21	b		Neck and	the 23 day near	7	0
22	c		throate	6 at evening.	7	48
23	D		Armes and		8	36
24	e	S. Bartho.	hands		9	24
25	f		Breaſt and	●	10	12
26	g	Faſt.	ſtomach	New moon	11	0
27	a		Heart and	the 30 day,	11	48
28	b		back	haſte an hour	12	36
29	c	Dog dayes en.	Bowels	paſt 10 before	1	24
30	D		and	noone.	2	12
31	e		belly		3	48

Now drinke Goates milke, on ripe Fruits feed;
(If need require Purge, Bath and bleed.

1. Day Sun riseth at 5. and 37. min. sets at 6. & 23. min.
15. Day Sun riseth at 6. and 4. min. sets at 5 and 56. min

1	f		Loynes and		4	36
2	g		Reines		5	24
3	a		Secrets	☽	6	12
4	b		and	First quartet	7	0
5	c		Bladder	the 6 day, a=	7	48
6	D		Thighes and	bout 9 at night	8	36
7	e		Hanches		9	24
8	f		Knees		10	12
9	g		Knees	○	11	0
10	a		Knees.	Full Moone	11	48
11	b		Leggs.	the 14 day, a	12	36
12	c	Sol in Libra	Legge	quarter past	1	24
13	D		Feete.	10 at night.	2	12
14	e		Feete		3	0
15	f		Head and		3	48
16	g		Face	☾	4	36
17	a		Neck and	Last quarter	5	24
18	b		Throate	the 21 day,	6	12
19	c		Armes and	halfe an hour	7	0
20	D		hands	past midnight	7	48
21	e	Matthew E.	Breast and		8	36
22	f		Stomach,		9	24
23	g		Heart	●	10	12
24	a		and	New Moone	11	0
25	b		Back.	the 28 day,	11	48
26	c		Bowels and	halfe an hour	12	36
27	D		Belly	past 9, at night	1	24
28	e		Loynes		2	12
29	f	Michael Arc	and		3	0
30	g	Pat	reines.		3	48

October hath xxxj dayes.

Strong Wine, hot Bathes, and Spice thats good
Preserves our health, purge and let blood.

1 Day Sun riseth at 6 and 36 min. sets at 5 and 24 min.
15 Day Sun riseth at 7 and 3 min. sets at 4 and 57 min.

1	a		Secrets and		4	36
2	b		Bladder	☽	5	24
3	c		Thighes	First quarter	6	12
4	D		and	the 6 day, 3	7	0
5	e		hanches	quarters past	7	48
6	f		Knees	4 afternoon.	8	36
7	g		Knees		9	24
8	a		Leggs	●	10	12
9	b		Leggs	Full moone	11	0
10	c		Feet	the 14 day a	11	48
11	D		Feet	quarter past	12	36
12	e		Feet	11 before noon	1	24
13	f	Sol in Scorpio	Head and		2	12
14	g		face	☾	3	0
15	a		Neck and	Last quarter	3	48
16	b		Throat	the 21 day 3	4	36
17	c		Armes and	quarters past	5	24
18	D	S. Luke Evā	hands	7 morning.	6	12
19	e		Brest and		7	0
20	f		stomach		7	48
21	g		Heart and	●	8	36
22	a		back	New moon	9	24
23	b	Terme begins	Bowels and	the 28 day a=	10	12
24	c		belly	bout 11 before	11	0
25	D		Loynes	noone.	11	48
26	e		and		12	36
27	f		reynes		1	24
28	g	Sim & Jude	Secrets and		2	12
29	a		bladder		3	48
30	b		Thiges and		4	36
31	c		hanches		5	24

November hath xxx. dayes.

From cold preserve thy Head and Feet,
Abstaine from Wine, that's new and sweet.

1 day Sun riseth at 7 and 34 min. sets at 4 and 26 min.
15 day, Sun riseth at 7 and 55. min. sets at 4 & 5 min.

1	D	All Saints	hanches		6	12
2	e		Knees		7	0
3	f		Knees	☽	7	48
4	g		Legges	First quarter	8	36
5	a	Papists con.	Legges	the 5 day, halfe	9	24
6	b		Legges	an hour past 1	10	12
7	c		Feet	afternoone.	11	0
8	D		Feet		11	48
9	e		Head and		12	36
10	f	Solis Sagit.	face	○	1	24
11	g		Neck and	Full moon	2	12
12	a		hroate	the 12 day a	3	0
13	b		Armes and	quarter past	3	48
14	c		hands	11 at night.	4	36
15	D		Breast and		5	24
16	e		stomach		6	12
17	f		Heart	☾	7	0
18	g		and	Last quarter	7	48
19	a	Nat. Reg. car	back.	the 19 day, a	8	36
20	b		Bowels	quarter past	9	24
21	c		and belly	4 afternoone.	10	12
22	D		Loynes and		11	0
23	e		reines		11	48
24	f		Secrets	●	12	36
25	g	Fast	and	New moon	1	24
26	a		bladder	the 27 day a=	2	12
27	b		Thighes and	bout 4 a clock	3	0
28	c	Term ends	hanches.	morning.	3	48
29	D		Knees		4	36
30	e	Andrew. Ap.	Knees		5	24

Use Meat that's warm, hot ſpice and wine,
Invite the poore to ſup and dine.

1 day, Sun riſeth at 8 and 10 min. ſets at 3 and 50 min.
15 day Sun riſeth at 8 and 13 min. ſets at 3 and 47 min.

1	f		Knees		6	12
2	g		Legges		7	0
3	a		Legges	☽	7	48
4	b		Feet	First quarter	8	36
5	c		Feet	the 5 day, a	9	24
6	D		Head and	quarter paſt	10	12
7	e		face	in the morne.	11	0
8	f		Neck and		11	48
9	g		Throate		12	36
10	a		Armes and	○	1	24
11	b,	So in Capric.	hands	Full Moone	2	12
12	c		Breaſt	the 12 day 3	3	0
13	D		and	quarters paſt	3	48
14	e		ſtomach.	10 before noon	4	36
15	f		Heart and		5	24
16	g		back.		6	12
17	a		Bowells and		7	0
18	b		belly	☾	7	48
19	c		Loynes and	Laſt quarter	8	36
20	D		reynes	the 19 day 3	9	24
21	e	Thomas Ap.	Secrets	quarters paſt	10	12
22	f		and	2 in the morne	11	0
23	g		bladder		11	48
24	a		Thighes and	●	12	36
25	b	Chriſt nativ.	hanches	New Moone	1	24
26	c	S. Stephen.	Knees	the 26 day, a-	2	12
27	D	S. John Evã	Knees	bout a 11 at	3	48
28	e	Innocents.	Knees	night.	4	36
29	f		Le gges		5	24
30	g	Faſt.	Legges		9	12
31	a		Feet		7	0

White. 1646.

A Prognostication for this yeare of our Lord God. 1646.

Being the second after the *Bissextile*, or Leap-yeare.

VVherein is contained the state of the whole Yeare; the disposition of each Quarter; and the Inclination of the Weather for every Quarter of the Moone throughout the whole Yeare.

With certaine briefe Notes concerning the Yeare, and the parts thereof, &c.

Also many other things of consequence, both pleasant and profitable.

And at the end of the Book, is the whole *Almanack contained in one Leafe, for this* Yeare 1646. which being cut out, is fit to be placed into a Table-Book, Booke of Accompt, or other.

By *John White*, Well-willer to the *Mathematicks*.

LONDON,
Printed for the Company of STATIONERS, 1646.

A briefe Cronology of divers memorable things of note, to this present yeare, 1646.

Since the Creation of the World to this yeare	5595
Since the Flood	3939
Since London was built	2754
Since Yorke was built	2612
Since the 72 Interpeters translated the Bible	1925
Since the death and passion of our Saviour	1614
Since the destruction of Ierusalem	1575
Since England first received the Christian Faith	1466
Since Scotland first received the Christian Faith	1444
Since the Conquest of England by Duke William	580
Since S. Paules Church in London was built	560
Since London-bridge was built with stone	470
Since the first Lord Maior of London	455
Since the Order of the Knights of the Garter	302
Since the Invention of Gunnes	266
Since the Art of Printing was invented	186
Since King Henry the 8. conquered Bulloyne	101
Since the first uses of Coaches in England	91
Since the burning of Pauls steeple	85
Since the Royall Exchange was built	81
Since the Earles rebellion in the North	77
Since the blasing Starre, and sharp Winter	74
Since the Massacre in France	74
Since the whole Heavens seemed to burne with Fire	72
Since the former deep Snow	67
Since the generall Earthquake	66
Since Tobacco was first used in England	61
Since the Campe at Tilbury in Essex	58
Since the great Plague in London	43
Since the Gunpowder Treason	41
Since the former great Frost	38
Since the death of Prince Henry	34
Since the former deepe Snow	31
Since the last blasing-starre	28
Since his Maiesties returne from Spaine	23
Since the fall at Blackfryers	23
Since his Maiesties proclaiming	21
Since Prince Charles was borne,	16
Since the birth of the Lady Maty	15
Since the birth of the Duke of Yorke,	14
Since the birth of the Lady Elizabeth	12
Since the King went last into Scotland	8
Since the Parliament began to sit last at Westminster	6

A briefe Declaration of the Diſpoſition of the foure Quarters of the Yeare.

And firſt of the Spring.

Like to the fragrant *Spring* doth Youth appeare,
Young, freſh, and pleaſant; ſo begins the yeare.

Sol in Aries, Taurus, Virgo.

THe cheerefull and comfortable Spring beginneth upon Tueſday the tenth of March, when the glorious Sun entreth into the firſt degree of the firſt Equinoctiall ſigne of Aries; which Quarter doth end upon Thurſday the xi. of June, in which ſpace hee maketh his progreſſe through theſe three Vernal Signes, Aries, Taurus, & Gemini.

By nature this Quarter is hot and moyſt, ſignifying Youth, which chiefly participateth of the Sanguine Complexion; which humour hath chiefe predomination from nine of the Clock at night, untill three in the morning. Now are the Dayes and Nights of an equall length throughout the whole World; the Sun by his cheerefull preſence warmeth the Earth, cauſing Trees and Plants in their beauty to appeare: This of all other Quarters is the moſt pleaſant and wholſome; and the moſt convenient time to remove Diſeaſes of a long continuance, and to prevent thoſe likely to enſue. The Birds of the Ayre couple and breed, Beaſts on the Earth encreaſeth, and the

Fiſhes in the waters doe multiply and leave the deepeſt of the Waters to recreate in ſhallower places. An overwet Spring increaſeth weedes, cauſing Fruits to be ſcarce and rotten: it is requiſite for our healths that wee now uſe for the moſt part, ſuch things as are of a cold and dry quality, and let your Drinkes be more cold and ſmall then in Winter: And now is the chiefeſt time (if neceſſity require) to Bathe, Bleed, Purge, or Sweat.

The uſuall Infirmities of this ſeaſon, are theſe, Meaſels, Small-pocks, Scabbs, Bulhes in the face, Kings-evill, Agues, Fevers, Peſtilence, &c.

Of the ſecond part of the Yeare, called Summer.

Like the hot *Summer*, Man is in his prime,
Stout, bold, and fiery, ſeeking for to climbe.

Sol in Cancer, Leo, Virgo.

THe Summer Quarter beginneth upon Thurſday the eleventh of June, (which is the longeſt day in the yeare) when the Sun entereth into the firſt degree of the Northerne Tropique of Cancer, and continueth his paſſage through theſe three Solſtiriall Signes, Cancer, Leo, and Virgo. ending the xii. of *September*.

The uſuall and naturall condition of this Seaſon is to be hot and dry, ſignifying Man-hood, participating of the Cholerick complexion, which humour doth chiefly reigne from three of the Clock in the morning, till nine before noon. The Sun being now at the higheſt, cauſeth the Dayes to be longeſt, and the Nights to be ſhorteſt: Heat is greateſt, Floods loweſt, Seas quieteſt; and the Winds calmeſt: The face of the Earth is now adorned with flow-

ers

ers in their beauty, & fruits in their delicacy, who imparteth of her store to all Creatures sensible, for their use and comfort: and the painfull Bees gathereth their Honey for their future sustenance: The Naturall heat is now dispersed abroad unto the outward parts of the body, and Man is not now so hot within as in Winter, nor can he digest such grosse and strong Meates as then: now are the smallest & coolest Drinkes most fitting for our healths, and little store of Meats best sufficeth Nature, and keepeth the body in health: and those which be boyled are the best of digestion for weake stomacks; and now use such things as are of a cold and moist quality: the Summer over-wet rotteth Fruite, and destroyeth Corne.

The Diseases of this, of this Quarter, are Pestilence, Fevers, Agues, paine in the Head and Belly, Jaundies, Purples, &c.

Of the third part of the yeare, called Autumne or Harvest.

As *Autumns* Fruits are pluckt, and Leaves decay,
So Man declines, there's nothing at a stay.

Sol in Libra, Scorpio, Sagitarij.

AVtumne, or the Fall of the Leafe, now dis-robed of her former glory, taketh its beginning on Saterday the xii. of September, and endeth the eleventh of December: At the beginning of which Quarter the Sun is in the second Equinoctiall point, causing again the dayes and nights to be of an equall length: it continueth the time of the Suns passage through these three Autumnall Signes, Libra, Scorpio, and Pisces.

The Naturall condition of this Quarter is to be cold

and dry, resembling middle Age participating chiefely o the Melancholy Complexion, which humour beareth most sway from nine of the Clock in the morning, till three in the afternoone. Grasse is mowed, Corne is reaped, Fruites gathered, and the laborious Husband-man should now receive some profit of his forepassed toyle: (which the Lord of heaven grant for the relieke and comfort of us all;) Flowes fade, Leaves fall, Floods increase, and all vegitables looseth their former strength and vigour, and the most part of sensible Creatures seek them a shelter against the stormy ensuing Winter: This of all other Quarters of the yeare is the most unwholsome, breeding diseases of divers kinds in our Bodies; it is expedient to beware of the morning and evening cold, and use such things as are of a hot and moist quality. It is now a fit time (if need require) to purge, Bath and Bleed: This Quarter being over-wet causeth scarcity of fruit, and rotteth Grapes, which maketh unwholsome Wines.

The Sicknesses commonly attending this season, are many, as the Stone, paine in the Back and Kidnies, sore Eyes, Agues, Melancholy, Falling-sickness, Fluxes of Blood, Emrods, Fistulaes, Spleene, &c.

Of the fourth part of the Yeare, Or Winter.

Our *Spring*, our *Summer*, and our *Autumne* past,
Death like to *Winter* commeth at the last.

Sol in Capricorn, Aquarius, Pisces.

Cold Winter taketh his beginning upon Friday the 21. of December; and continueth till the tenth day of March the next ensuing yeare 1647. This Quareer hath at the beginning the shortest day and longest night in the yeare. It endureth the Sunnes passage through the

the

three Hyemall Signes, Capricorn, Aquarius, and Piſces.

The naturall quality of this ſeaſon is cold and moyſt, reſembling old Age, and is of the flegmatick complexion, which humor doth moſt predominate from three of the clock in the after noone, till nine at night. Now doth the Seatoſt Mariners endureth many a bitter ſtorme on the raging Ocean; for the Winds are high and ſtrong, and the Ayre is cold, the vigour & ſtrength of all things now waxeth weak and feeble: and poares of the Earth are now encloaſed, and ſhut up by the extreame coldneſſe of the Ayre: Beaſts ſeek for a ſhelter, Fowles flye to the warmeſt Climates, Serpents betake them to their Caves, and the Fiſhes get into the deepeſt of the Waters, and all to ſhun the extremity of the cold: for look whatſoever the cheerfull Spring and comfortable Summer did produce and nouriſh, this Quarter doth deſtroy and vaniſh; Yet the colder and dryer the Winter is, it is the more wholeſome for Man and Beaſt: Yet too much cold deſtroyeth Trees, Plants, and Flowers. A wet and warme Winter is a friend to Husbandry; but no friend to Nature, yet alſo indifferent ſtore of Snow doth ranken the Earth, and preſerveth Corne. For the preſervation of health, it is expedient that we ſhould uſe ſuch Meates as are of a hot and dry quality expelling the cold and unwholſome ayre with good Fires, warme Groaths, ſtrong Wines, and comfortable Drinks; and bee carefull to keep your Head and Feet from wet and cold: but yet can the ſtomacke digeſt more groſſe and ſtrong Meats then in Summer; the reaſon is, that the naturall heat is driven (by the coldneſſe of the Ayre) into the inward parts of the body to help digeſtion, and to comfort the vitall Spirits.

The Diſeaſes and ſickneſſes of this Quarter, are theſe, Poſes, Rhewmes, Coughes, Gowtes, Palſies, Agues, ſore Eyes, Tooth-ach, Cathars, Fluxes, Sciaticaes, Cramps, &c.

The New, Full, and Quarters of the Moone, with the ordinary Iudgement of the Weather, for every Quarter of the Moon for this Yeare, 1646.

Ianuary.

NEw Moone on Tuesday the vi. day, three quarters of an houre past xi. at night, Frost.

First Quarter on Wednesday the xiiii. day, at two of the clock in the afternoon Indifferent.

Full Moone on Wednesday the xxi day, (being eclipsed) halfe an hour past vi. of the clock in the morning, Cloudy.

Last Quarter on Wednesday the xxviii. day, a quarter of an houre past iii. in the afternoon, Wet.

February.

New Moone on Thursday the v. Day, a querter of an houre past v. of the clock in the evening, Windy.

First Quarter on Thursday the xii. day, halfe an houre past x. of the clock at night: Frost.

Full Moon on Thursday the xix day, halfe an houre past v. of the clock in the evening: Faire.

Last Quarter on Friday the xxvii. day, at x. of the clock before noon Wet.

March.

New Moon on Saturday the vii. day, three quarters of an houre past vii. of the clock in the morning: Wet.

First Quarter on Saturday the xiii. day, halfe an houre past v. of the clok in the morning: high Windes.

Full Moon the xxi. day on Saturday, halfe an houre past vi. of the clock in the morning, windy and wet.

Last Quarter on Sunday the xix. day, at vi. of the clock in the morning: Faire.

April.

New Moon on Sunday the v. day, neere vii. of the clock at night: Faire.

First Quarter on Sunday the xii. day, neere xii. of the clock at noone; indifferent.

Full

Full Moon on Sunday the xix. day, a quarter of an houre past viii. of the clock in the evening: Wet.

Last Quarter on Munday the xxviii. day, halfe an houre past xi. of the clock at night: windy and wet.

May.

New Moon on Tuesday the v. day, at iiii. of the clock in the morning: Faire.

First Quarter on Munday the xi. day, a quarter of an houre past viii. of the clock in the evening: Faire.

Full Moone on Tuesday the xix. day, halfe an houre past x of the clock in the morning: Wet.

Last Quarter on Wednesday the xxvii. day, halfe an houre past two of the clock afternoon: Clowdy.

Iune.

New Moon on wednesday the iiii. day, a quarter of an houre past xi. of the clock before noone: Faire.

First Quarter on Wednesday the x. day, iii. quarters of an houre past iiii. of the clock in the morning: gentle blasts.

Full Moon on Thursday the xvii. day, three quarters of an houre past one of the clock in the morning: Faire.

Last Quarter on Friday the xxvi. day, iiii. quarters of an houre past one of the clock in the morning; Faire.

Iuly.

New Moon on Thursday the second, halfe an houre past vi. in the after-noon: sweet showers.

First Quarter on Thursday the ix. day, a quarter of an houre past two of the clock in the after-noon: indifferent.

Full Moon on Friday the xvii. day, a quarter of an houre past v. of the clock in the after-noone: Faire.

Last Quarter on Saturday, the xxv. day, iii. quarters of an houre past x. of the clock before noone: Faire.

August.

New Moon on Saturday the first day, iii. quarters of an houre past one of the clock in the morning: Faire.

First Quarter on Saturday the viii. day, neere iiii. of the clock in the morning: Wet.

Full

Full Moon on Sunday, the xvi. day, a quarter of an houre paſt viii. of the clock in the morning: Windy.

Laſt Quarter on Sunday the xxiii. day, neere vi. of the clock in the evening: Faire.

New Moon on Sunday, the xxx day, halfe an houre paſt x. of the clock before noon: Indifferent.

September.

Firſt Quarter on Sunday the vi. day, neere nine of the clock at night: Faire.

Full Moone on Munday the xiiii. day, a quarter of an houre paſt x. of the clock at night: Wet.

Laſt Quarter on Munday the xxi. day, halfe an houre paſt mid-night: Faire.

New Moon on Munday the xxviii day, halfe an houre paſt nine of the clock at night: Cloudy.

October.

Firſt Quarter on Tewſday the vi. day, iii. Quarters of an houre paſt iiii of the clock in the afternoon: very cold.

Full Moone on Wedneſday the xiiii. day, a quarter of an houre paſt xi. before noon: Faire.

Laſt Quarter on Wedneſday the xxi day, iii. quarters of an houre paſt vii. of the clock in the morning: Faire.

New Moon on Wedneſday the xxviii. day, neere xi. of the clock before noon Wet.

November.

Firſt Quarter on Thurſday the v. day, halfe an houre paſt one of the clock, after-noon: Froſt.

Full Moon on Thurſday the xii. day, a Quarter of an houre paſt xi. of the clock at night: Faire.

Laſt Quarter on Thurſday the xix. day, a quarter of an houre paſt iiii. of the clock: afternoon: Froſt.

New Moon on Friday the xxvii. day, neere iii. of the clock in the morning: indifferent.

December.

Firſt Quarter on Saturday the v. day, a Quarter of an houre paſt ix, of the clock in the morning: Wet.

Full

Full moone on Saturday thy xii. day, halfe an houre past x. of the clock before noon: Faire.

Last Quarter on Saturday the xix. day iii. quarters of an houre past two of the clock in the morning: Windy.

New Moon on Saturday the xxvi. day, neere xi. of the clock at night: Frost.

Certaine briefe Notes concerning the Yeare and parts thereof, with other generall Rules.

A yeare properly is that Revolution and space of time, wherein the Sun passeth through the twelve Signes of the Zodiack.

A Yeere hath in it twelve Moneths of the Sun, thirteene Months of the Moon: Fifty two Weeks, three hundred threescore and five dayes.

It is to be understood when a Yeare hath in it but three hundred threescore and five dayes, it is meant by the common yeare: But the Astronomicall yeere containeth three hundred threescore and five dayes and sixe houres: and when it is Leap-yeere, the yeare is a day longer than the common yeares, which is in February, the Common having but xxviii dayes, the Leape xxix.

A Moneth of the Moone is the space and length of time which is between the New Moone and her Wane: and the usuall or common Moneth, is a certaine number of dayes, which are xxviii.

A Weeke or Sebennight, is the fourth part of a Moneth

A Day is the seventh part of a Week; and there be two sorts of dayes, the one is a day naturall, the other a day artificiall.

A day naturall is the space of xxiiii houres, accounting the night withall.

An artificiall day, is that space of time which is between the

the rising and setting of the Sun.

An houre is the twenty fourth part of a day naturall.

And a minute is an houre diuided into threescore parts.

Of the severall Conquests of ENGLAND.

OF Ilands *England* was the greatest Ile,
by *Iulius Cæsar* first of Romans knowne;
By Frenchmen next it was possest a while,
by *Claudius Cæsar* they were overthrowne,
To whom, though they allegiance due did yeeld,
Yet still their Lawes and Customes they retain'd,
Though they by strangers then were foild in Field,
to beare a Strangers yoake yet they disdain'd.
Amongst all Ilands *England* was the first,
that entertaind the Gospell of the Lord,
Till *Diocletian* for blood did thirst,
on all that to this Doctrine did accord.
This Land by *French-men* and by *Scots* oppress,
the *Saxons* ayded it, and it enjoyd,
Till *Danes* did vanquish them, and it possest,
who by the former People were destroyd:
And ever since, the Noble *Normans* race
five hundred seventy nine years have remaind,
No Forreigne powers their Kingdome could deface,
such stout victorious Kings of them have raignd.
Heaven grant them still to reigne, and send us peace,
That love and true Religion may increase.

The

The beginning, continuance, and ending of the Kings Reignes since the Conqueſt, with the time how long it is ſince, to this Yeare, 1646.

Being fit for Scriveners, and ſuch as are imployed in Law cauſes.

The K. names.	Began his Raigne.	Raigned yea: mo: dayes.	Since their Raignes began.
W: Con.	1066 Octo. 14	20 y. 11 m. 22 day	579 Octob. 14
W: Ruf.	1087 Septem. 9	12 y. 11 m. 19 day	559 Septem. 9
Henry 1	1100 Auguſt 1	35 y. 4 m. 11 day	545 Auguſt 1
Stephen.	1135 Decem. 2	18 y. 11 m. 19 day	511 Decem 2
Henry 2	1154 Octob 25	34 y. 9 m. 2 day	492 Octob. 25
Richa. 1	1189 Iuly 6	9 y. 9 mo. 22 day	457 Iuly 6
K. John.	1199 Aprill 6	17 y. 7 mo. 0 day	447 Aprill 6
Henry 3	1216 Octob 19	56 y. 1 Moneth.	430 Octob. 19
Edwa. 1	1272 Nouem 16	34 y. 8 m. 9 day	376 Noue. 16
Edwa. 2	1307 Iuly 7	19 y. 7 m. 6 day	338 Iuly 7
Edwa 3	1326 Ianu. 25	50 y. 5 m. 7 day	320 Ianua. 25
Richa. 2	1377 Iune 21	22 y. 3 m. 16 day	269 Iune 21
Henry 4	1399 Septem 29	13 y. 6 m. 5 day	247 Septe. 29
Henry 5	1412 March 20	9 y. 5 mo. 24 day	234 March 20
Henry 6	1422 Augu. 31	38 y. 6 m. 18 day	224 Auguſt 31
Edwa. 4	1460 March 4	12 y. 1 mo. 8 day	186 March 4
Edwa. 5	1483 Aprill 9	0 y. 2. mo. 18 day	163 Aprill 9
Richa. 3	1483 Iune. 22	2 y. 2. mo. 5 day	163 Iune 22
Henry 7	1485 Augu. 22	23 y. 8 m. 19 day	161 Auguſt 22
Henry 8	1509 Aprill 22	37 y. 10 m. 2 day	137 April 22
Edwa. 6	1547 Ianua. 28	6 y. 5 m. 19 day	100 Ianua. 28
Q. Mary	1553 Iuly 6	5 y. 4 m. 22 day	93 Iuly 6
Elizab.	1558 Noue. 17	44 y. 4 m. 15 day	88 Nouem. 17
K. Iam.	1602 March 24	22 y. 0 mo. 3 day	44 March. 24

King Charles, 1625. *March* 27. After which, writing 22 yeares.

The

The explanation of the former Table.

NOte that every King began his raigne, the ſame time that the next precedent King ended his.

If you deſire to know how long it is ſince the beginning of the raign of any King, look how long it is ſince the ending of the precedent King, and there you ſhall find your requeſt.

As for example: if you would know when King Henry the 8 began his raigne, how long he raigned, and alſo how long it is ſince his raigne: find out firſt his name amongſt the names of the Kings, and ſearching the row towards the right hand, you ſhall find hee began his raign in the yeare 1509 the 22 of Aprill, and under the title of the time that he reigned, is 37 yeares, 10 moneths, and 2 dayes: And looking forward in the ſame row, where is 137 yeares April 22 under the title of ſince his raigne began.

How to judge what Weather will follow, by the riſing and ſetting of the Sunne.

THe Sun riſing bright and cleare, ſignifieth a pleaſant day: If he riſe fiery red, it promiſeth raine: if in his riſing he be thinly overcaſt with a cloud, it betokeneth foule weather: if the Sun drive the clouds before him into the Weſt, it ſignifieth faire weather: if at his riſing there appeare a circle about him, and vaniſheth away equally, it betokeneth faire weather. Alſo, if he ſetteth red, it ſignifieth faire weather: If at his ſetting he be of divers colours, or clouds like water, it threatneth raine. If at the riſing of the Sun, his beames ſeeme red, or long, or encompaſſed with red clouds, it ſignifieth great winds: If at his ſetting there appeare a thick miſt, or if it raineth in the evening, it threatneth very foule weather to follow. Alſo, if the Sun beames be ſpotted either green, pale or black, gathered to a cloud, it ſignifieth raine. The Sunne ſetting cleare without any cloud, ſignifieth a faire night to enſue. If the circle, or circles about the Sun be cleare, and of no continuance,

looke for faire weather: If there be many circles, it ſignifieth windes: the reddes they are, the more vehement windes. If the circles are here and there broken, and are thick and black, looke for cold wind or ſnow: Or if he ſettle behinde a great black cloud, raine followeth.

How Weather is foreknowne by the Moone.

IF the Moon in the third day of her change, or three dayes before her full, or in the midſt of the quarter, be found of pure light, nothing compaſſing her, the ends direct up, ſhe promiſeth faire weather: but bent to red color, proboketh winds. The Moone pale, or ſomewhat black or thicke, threatneth raine. When the Moone is five dayes old, marke the tips of her hornes, if they be blunt, it ſignifieth raine: if ſharp pointed and pricking upwards, great winds. If in the fourth day after her change, ſhe have a red circle about her, it ſignifieth windes and raine.

Of the judgement of the Weather by the Starrs.

IF the Starres appeare of much light, and ſeeme to bee of more bigneſſe and blazing then ordinary, it betokeneth great windes and moyſture in that part where they ſeeme ſo: and in Winter, great Froſts. When dimme Starres appeare with long fiery tayles, it threatneth winds, and great drought: the more in number, the greater will bee the effect. Alſo, when Starres ſeeme to ſhoot or fall, it ſignifieth great winds in that place: If they ſeeme to ſhoot in divers places, it ſignifieth divers windes: If in all places, winds, thunder, lightning, and moſt tempeſtuous weather.

A short Instruction and very necessary to know *the times and seasons when to Sow, and replant* all manner of Seeds for the Garden.

Sow Cabbages in February, March, or Aprill, in the Wane of the Moone: and replant them in the Decrease.

Sow Cabbage-Lettuse in February, March, or July, in the old of the Moone.

Sow Onions and Leeks, in February or March, at the Wane of the Moone.

Sow Beetes in February or March at full moone.

Sow Coleworts white & green, in the middle of August, or September, plant the young ones in Octob: & set them again in November.

Sow Parsnips in February, Aprill, or June, in a faire day.

Sow Radish in Feb: Apr: or June, in the increase of the moon.

Sow Pumpions, Cowcumbers, Mellons and Gourds: in February, March, or June, in a hotte and faire day.

Sow Spinage in Feb: or March, in the old of the Moone.

Sow Parsely, Fennell, and Annis-seed, in February or March at the full of the moone.

Sow white Sicory in Feb: March, July, or Aug. in a full moon.

Sow Cardus-benedictus in February, March, or May, when the moone is old.

Sow Basill in March, in an old Moone.

Sow Purslain in Feb: or March, in the increase of the moone.

Sow Margeram, Violets, Time, Flowre-gentle, Rosemary, Lavender in Feb: March, or Apr: at the increase of the moon.

Sow Garden-cresses, and Rocket, in February, at the increase.

Sow Savill in February, or March, at a new moone.

Sow Coriander, and Borage, in February, or March, at the moones increase.

Sow Harts-horne, and Samphire, in February, March or Aprill, at an old moone.

Sow Gillyflowers, Hearts-ease, and Wall-flowers, in March or Aprill, in an old moone.

Sow Cardus, and Artichokes, in March, or Aprill, when the moone is old,

Sow Chick-weed, in Feb: or March, at the full of the moone.

Sow Burnet in February or March, at an old Moone.

Sow Hyssop and Savery in march, when the Moone is old.

Sow

Sow double Marigolds in February or March at the increase of the Moone.

Sow Larkes-foote, Sparges, and Sperage, in February, in an old moone.

Sow white Poppy, and Palma Christi in February or March, at the increase of the moone.

Sow all manner of Corne the moone increasing, she being in Cancer, Libra, or Aquarius.

Set or sow all kind of seedes the moone in Aries, Taurus, Cancer, Virgo, Libra, Capricorne, Aquarius, or Pisces: but those Seedes whose Rootes are round, should be sowne three or foure dayes before, or after the full moone.

Certaine and short Rules, for the comforting of the chiefe officiall Members of the Body of Man.

Things which are good to comfort the Head.

LIgnum-Aloes, Marioram, Galingale, Muske, Rosemary, Roses, Cammomell, Rue, Frankincence, Nutmegs, Hysop, Balme, Mints, Spike, and Gladen.

Things good for the Eyes.

Fennell, Verven, Cloves, Cold water, Celendine, Eybright, Roses, and Agrimony.

Things good for the Stomack.

Nutmegs Cloves, Origanum, Coxall, Saffron, Quinces, Wormwood, Olibanum, Agrimony, Fumatory, Mastick, Lignum-Aloes, Spodium, and Coxlander prepared.

Things good for the Heart.

Saffron, Cloves, Sinamon, Mace, Nutmegs, Marioram, Burrage, Bugloss, Rosemary, Myrabolanes, Pearles, Lignum-Aloes, Coxall, Musk, and Setwell.

Things good for the Liver.

Liverwort, great Raisons, Wormwood, Agrimony, Saffron, Cloves, Endive, Violets, Fennell, Plantine, Dragons, Rose-water, Lettuce, Violets, Sanders.

Things good for the Lungs.

Licorice, Raisons, Almonds, Dates, Lungwort, Maidenhaire, Elicampane, Pistaces, and Penedes.

Things hurtfull for the body.

Meates hurtfull to the Teeth.

NUttes, Meates very hot, Warme drinke, Sweet meates, and drinkes, Radish Rootes, Hard meats, Bitter meats, Milke, much Vomitting, Leeks, Fat of Fish, Colworts, and Limmons.

Things hurt full to the eyes.

Garlick, Onions, Radish, Drunkennesse, Letchery, Sweete and thick VVines, salt meates, Colewortes, all Pulse, Must, VVine, Dust, Smoake, Fire, and reading presently after supper.

Rules of Mensuration.

A Fingers breath is foure Barly cornes in thicknes; and an Inch three Barly cornes in length: 4 hands breadth foure fingers: A Spanne is three hands breath: A foot is foure hands breath: A Geometricall Pase is five foote: An English Pearch is sixteen foot ½. A Furlong is a hundred and twenty five pases, or five hundred twenty and five foot: An English Furlong is five hundred and threescore foot, or a hundred thirty two paces: A League is a thousand & five hundred pases: An Italian Mile is a thousand pases, or eight Furlongs: A common German Mile is thirty two Furlongs. An English mile is eight Furlongs: An Acre is forty Pearches in length, and foure in breath.

A short Instruction for the Table following.

NOte that the first Columne or Row, containeth the Names and number of Shires, the second of Cities, the third of Bishoppicks, the fourth of Castles, &c. Now goe straight in a line, and you shall easily find the number Alpha betically, aswell for the English as for the VVelch shires: As for example, Buckinghamshire hath no City, no Bishoppick, 11. Market Townes, no Castles, 185. Parishes, &c.

A Catalogue of all the Shires, Cities, Bishoprickes, Market Townes, Castles, Parishes, Rivers, Bridges, Chases, Forrests, and Parkes, contained in every particular Shire in the Kingdome of England.

Shires	Cities.	Bishopricks.	Market-Townes.	Castles.	Parishes.	Rivers.	Bridges.	Chases.	Forrests	Parkes.
Bark shire.	0	0	11	2	140	3	7	0	1	13
Bedford shire.	0	0	10	0	126	2	6	0	0	12
Buckinghamshire.	0	0	11	0	185	2	14	0	0	16
Cambridge shire.	0	1	6	0	163	3	7	0	0	5
Cheshire.	1	0	9	3	58	9	19	0	2	18
Cornwall.	1	0	23	6	161	7	21	0	0	9
Cumberland.	0	1	8	15	58	20	33	0	3	34
Darby shire.	0	0	8	4	106	13	21	1	0	33
Devon shire.	1	0	40	6	394	23	106	0	2	22
Dorcet shire.	0	0	18	4	248	4	29	0	2	11
Durham.	1	0	5	4	62	11	20	0	0	26
Essex.	0	1	21	1	415	7	28	1	1	19
Glocester shire.	1	1	20	1	180	13	22	1	2	2
Hamp shire.	1	1	18	5	248	4	31	0	4	23
Hartford shire.	0	0	18	0	120	1	24	1	0	23
Hereford shire.	0	1	8	7	176	13	11	1	0	8
Huntington shire.	0	0	5	1	78	1	5	0	0	11
Kent.	0	2	17	8	398	6	14	0	0	20
Lancashire.	1	0	8	6	36	33	24	0	0	33
Leceſter shire.	1	1	11	2	200	1	10	0	0	13
Lincolne shire.	1	1	26	2	630	9	15	0	0	12
Middleſex.	1	1	3	0	73	1	3	0	0	4
Northamtonshire.	1	1	11	0	326	5	24	0	0	4
Nottinghamshire.	1	0	11	0	168	5	17	0	0	8
Northumberland.	0	1	11	12	40	21	16	0	0	0
Norfolke.	1	1	26	0	660	3	15	0	0	0

Shires.	C.	Bysh.	M.	T.	C.	Parri.	R.	B.	Ch.	For.	Park.
Oxfordshire	1	1	10		0	208	3	26	0	4	9
Rutland	0	0	2		0	47	0	1	0	0	4
Shropshire	1	0	13		13	170	18	13	0	7	27
Somersetshire	3	2	29		1	385	9	45	0	2	18
Staffordshire	1	1	12		5	130	13	19	1	1	38
Suffolke	0	0	28		1	464	2	32	0	0	27
Sussex	1	1	18		1	312	3	10	0	4	33
Surrie	0	0	7		0	140	1	7	0	1	17
Warwickshire	1	1	12		1	158	7	21	1	0	16
Westmoreland	1	0	4		6	26	8	15	0	2	19
Wilt shire	1	1	21		1	304	5	31	1	9	19
Worcester shire	1	1	7		3	152	5	13	1	2	16
York shire	1	1	46		14	563	36	62	3	8	72
Anglesey	0	0	3		0	83	8	2	0	0	0
Brecknoc shire	0	0	3		1	70	27	13	0	0	2
Cardigan shire	0	0	4		0	77	26	9	0	1	0
Carmarthin shire	0	0	6		4	81	20	16	0	1	2
Carnervan.	0	1	4		3	73	17	6	0	1	0
Denbigh shire	0	0	3		3	53	24	6	0	0	0
Flint shire	0	1	3		4	24	4	2	0	0	2
Glamorgan shire	0	1	7		12	151	16	6	0	0	5
Montgomery shi	0	0	5		3	42	28	6	0	0	1
Monmouth shire.	0	0	6		7	142	15	14	1	0	8
Merionidth shire	0	0	3		2	34	26	7	0	0	0
Pembrook shire	0	1	6		5	142	6	7	0	0	3
Radnor shire	0	0	4		5	43	13	5	0	2	0

The Contents, Compas, Length, an

Breadth of England.

Thus much in Miles whole *England* it containes; —— 348
Thus much in Miles will reach about it round: —— 18
Her length from *Lyzard-point* to *Barwick-straits* —— 3
Twixt *Dover*, and *Holy-head* the breadth is found. —— 8

A Table to know how many houres and Minuets the Moone shineth every Night in the Yeare.

The age of the Moone encreasing.	The Houres and Minutes that she shineth.		The age of the Moon decreasing.
☽	Houres.	Minutes.	☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moones night shining.

The Moons Morning shining.

The use of this Table.

SEek the age of the Moone in the Almanack, then look the same in this Table, which you shall finde either in the Increasing or Decreasing: and then in the middle Columnes you shall without further labour finde the time of her shining.

As for example: Upon the 10 day of January, I would know how many houres and minutes the moone shineth: I finde in the Almanack it is New moon the 6. day: and reckoning from the next day to the 10. I finde shee is foure dayes old. Then entring this Table, it sheweth she shineth three houres and twelve minutes: so doth she likewise when she is 26. dayes old, &c.

Of an Eclipse of the Moone this Yare, 1646.

Vpon Wednesday the 21. day of Ianuary, there will happen an Eclipse of the Moon, about halfe an houre past six of the clock in the morning. And this eclipse is to be seene at that time by us of Great-Britaine, (if clouds doe not hinder the same.) But other nations East-ward shall behold it more sooner. The reason of the Moons Eclipse is the interposition of the body of the earth betwixt the Sun and her, &c.

The Explanation of a new and easie Kalender here following, for this present Yeare, 1646.

NOte that every Moneth containeth three rowes or Columnes, (the Figures for the number of Dayes excepted) the first Columne toward the left hand containeth the Week Dayes and Sunday Letter. The second, the Signe wherein the Moone is every day. And the third, the Changes and Quarters of the Moone. Note that ☽ being thus ☌ figured doth signifie the new Moone: and placed this ☽ way is the first Quarter: This ● the Full Moone; And againe this ☾ the last Quarter. Note also, that the Figures over the head of the Moones, doe signifie the houre of her Change, Ful, or Quarters, and the Letters above or beneath, the time after noone, or after midnight; N, standing for after noon till Midnight, and M. for after Midnight till Noone.

As for example, against the 6 day of Ianuary, (being Tuesday, I doe finde the Moone in ♈. and is thus ☌ charactered, which is new Moone the 6. day at twelve a clock at mid-night.

Against, on the 19 of February being Thursday, I do find the Moon in ♓. and is thus ● charactered, which is full moon at 5. of the clock at night.

Note also, that at the head of every moneth is placed the rising and setting of the Sun for the midle of every moneth: As for example, for the midst of Ian: the ☉ Sun riseth at 7 of the clock, and 43 min: and setteth at 4 of the clock and 17 min: &c.

It also containeth (on the backside of the Leafe) for every Moneth, the Holy-dayes and Feasts, both movable and immoveable, with the beginning and ending of every Terme; as Twelfe day is on the 6 of Ian: Easter day is on the 29. of March Whit-sunday on the 17 of May: Terme begins on the 23 of Ianuary, and endeth the 12 of February, &c.

A briefe and easie Kalender for this Yeere 1646. which being cut out, is fit to be placed *into any Booke of Accompts, Table-booke, or* other, conteyning the whole Almanacke, in a short method: By *John White.*

Dayes.	January.	Februa.	March.	Aprill.	May.	June.	July.	August.
	☉7.43 4.17.	☉6.46 5.14.	☉5.50 6.10.	☉4.51 7.9.	☉4.4. 8.56.	☉3.47 8.13.	☉4.12 7.48.	☉5.4. 6.56.
1	a m	D ♐	D ♍	g ♒	b ♓	e ♉ at	g ♋ at	c ♌ ☾
2	b m	e ♐	e ♍	a ♓	c ♈	f ♊ 11	a ♋ ☾	D ny at
3	c ♐	f ♍ at	f ♒	b ♓ at	D ♈ at	g ♊ ☾	b ♋ 6	e ny 2
4	D ♐ at	g ♒ 6	g ♒	c ♈ 7	e ♉ 4	a ♋ m	c ♌ n	f ny m
5	e ♍ 12	a ♒ ☾	a ♒ at	D ♈ ☾	f ♉ ☾	b ♋	D ♌	g ♎
6	f ♍ ☾	b ♓ n	b ♓ 8	e ♉ n	g ♊ m	c ♌	e ny	a ♎ at
7	g ♍ at	c ♈	c ♈ ☾	f ♉	a ♊	D ♌	f ny at	b m 4
8	a ♒ m.	D ♈	D ♈ m	g ♊	b ♋	e ny at	g ny 2	c m ☽
9	b ♒	e ♈	e ♈	a ♊	c ♋ at	f ny 4	a ♎ ☽	D ♐ m
10	c ♓	f ♉ at	f ♉	b ♋ at	D ♌ 5	g ny ☽	b ♎ n	e ♐
11	D ♓	g ♉ 10	g ♉	c ♋ 12	e ♌ ☽	a ♎ m	c m	f ♐
12	e ♈ at	a ♉ ☽	a ♊ at	D ♌ ☽	f ny m	b ♎	D m	g ♍
13	f ♈ 2	b ♊ n	b ♊ 5	e ♌ at	g ny	c m	e ♐	a ♍
14	g ♉ ☽	c ♊	c ♋ ☽	f ♌ n	a ♎	D m	f ♐	b ♒ n
15	a ♉ n	D ♋	D ♋ m	g ny	b ♎	e m	g ♐ at	c ♒ 8
16	b ♊	e ♋	e ♌	a ny	c ♎	f ♐ at	a ♍ 5	D ♒
17	c ♊	f ♌	f ♌	b ♎ at	D m at	g ♐ 2	b ♍ ●	c ♓
18	D ♋	g ♌	g ny	c ♎ 8	e m 10	a ♍ ●	c ♒ n	f ♓
19	e ♋ at	a ny at	a ny	D ♎ ●	f m ●	b ♍ m	D ♒	g ♈
20	f ♋ 6	b ny n	b ny 6	e m n	g ♐ m	c ♍	c ♓	a ♈
21	g ♌ ●	c ny	c ♎ ●	f m	a ♐	D ♒	f ♓	b ♉ n
22	a ♌ m	D ♎	D ♎ m	g ♐	b ♍	e ♒	g ♈	c ♉ 6
23	b ny	e ♎	e ♎	a ♐	c ♍	f ♓	a ♈ at	D ♊ ☾
24	c ny	f m	f m	b ♑	D ♒	g ♓ at	b ♈ 11	e ♊ r
25	D ♎	g m a	g m	c ♍ at	e ♒ at	a ♈ 2	c ♉ ☾	f ♋
26	e ♎ at	a m 10	a ♐	D ♍ 11	f ♒ 2	b ♈ ☾	D ♉ m	g ♋
27	f ♎ 4	b ♐ ☾	b ♐ at	c ♒ ☾	g ♓ ☾	c ♉ m	e ♊	a ♌
28	g m n	c ♑ m	c ♑ 6	f ♒ n	a ♓ n	D ♉	f ♊	b ♌ at
29	a m		D ♍ ☾	g ♓	b ♈	e ♊	g ♋	c ♍ ny 12
30	b ♐		e ♍ m	a ♓	c ♈	f ♊	a ♋	D m ○
31	c ♐				D ♉		b ♌	e ny m

♈. Aries, ♉. Taurus, ♊. Gemini, ♋. Cancer, ♌. Leo, ♍. Virgo,
♎. Libra, ♏. Scorpio, ♐. Sagittarii, ♑. Capricorne, ♒. Aquarius,
♓. Pisces. The ☌ New Moone. The ☽ first Quarter.
The ☍ Full Moone. The ☾ last Quarter.
And Ⅾ. the Sunday Letter.

Day. M	Seprem. ☉ 6. 4 ☽ 5. 56		Octob. ☉ 7. 3. ☽ 5. 57		Nove ☉ 7. 55 ☽ 4. 5.		Decem. ☉ 8. 13 ☽ 3. 47	
1	f	♎	a	♏	Ⅾ	♐	f	♑
2	g	♎	b	♏	e	♑	g	♒
3	a	♏	c	♐	f	♑ at	a	♒ at
4	b	♏ at	Ⅾ	♐ at	g	♒ 1	b	♓ 9
5	c	♏ 9	e	♐ 4	a	♒ ☽	c	♓ ☽
6	Ⅾ	♐ ☽	f	♑ ☽	b	♒ n	Ⅾ	♈ m
7	e	♐ n	g	♑ n	c	♓	e	♈
8	f	♑	a	♒	Ⅾ	♓	f	♉
9	g	♑	b	♒	e	♈	g	♉ at
10	a	♑	c	♓	f	♈ at	a	♊ 10
11	b	♒	Ⅾ	♓	g	♉ 11	b	♊ ●
12	c	♒ at	e	♓ at	a	♉ ●	c	♋ m
13	Ⅾ	♓ 10	f	♈ 11	b	♊ n	Ⅾ	♋
14	e	♓ ●	g	♈ ●	c	♊	e	♋
15	f	♈ n	a	♉ m	Ⅾ	♋	f	♌
16	g	♈	b	♉	e	♋	g	♌
17	a	♉	c	♊	f	♌ at	a	♍ at
18	b	♉	Ⅾ	♊	g	♌ 4	b	♍ 3
19	c	♊ at	e	♋ at	a	♍ ☾	c	♎ ☾
20	Ⅾ	♊ 8	f	♋ 8	b	♍ n	Ⅾ	♎ m
21	e	♋ ☾	g	♌ ☾	c	♍	e	♏
22	f	♋ n	a	♌ m	Ⅾ	♎	f	♏
23	g	♌	b	♍	e	♎	g	♏
24	a	♌	c	♍	f	♏	a	♐ at
25	b	♌	Ⅾ	♎	g	♏ at	b	♐ 11
26	c	♍ at	e	♎ at	a	♏ 4	c	♑ ☌
27	Ⅾ	♍ 9	f	♎ 11	b	♐ ☌	Ⅾ	♑ n
28	e	♎ ☌	g	♏ ☌	c	♐ m	e	♑
29	f	♎ n	a	♏ m	Ⅾ	♑	f	♒
30	g	♎	b	♐	e	♑	g	♒
31			c	♐			a	♓

The Feasts Moueable and Im
moueable: With the Termes, &c

January.
New yeers day 1.
Twelfe day 6.
Terme begin. 23.

February.
Purif. of Mary, 2.
Terme ends, 12.
S. Mathias, 24.

March.
Annu. of Mary, 25
Init. Reg. Car. 27
Easter day, 29.

Aprill.
Terme begins 15
Mark Evan. 25.

May.
Phil. & Jacob, 1.
Ascension day. 7.
Term ends. 11.
Whitsunday. 17.
Term begins. 29

June.
Terme ends. 17.
S. Iohn Bap. 24.
Peter Apost. 29.

July.
Dog dai. begi.
S. Iames Apo.

August.
Barthol. Ap. 2
Dog da. end, 2

Septrember.
Mathew Apo. 2
Michael Arch.

October.
Luke Evang.
Term begin,
Simon & Iude,

November.
All Saints,
Point & treat
Nat. of K. Cha
Term ends,
S. Andrew Ap.

December.
S. Tho. Ap.
Christ borne
S. Stephen,
S. Iohn,
Innocents da.

FINIS